Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Friday 22 Mar 2024 until 23:59 on Saturday 23 Mar 2024

Forecast Issued on Friday 22 Mar 2024 at 02:04

Confidence: High for limited showers Friday, building for Saturday, medium for the transition to frontal precipitation late Sunday, into Monday, lowering confidence of the detail of worst of conditions thereafter.

Headline for Friday 22 Mar 2024: Largely dry, bright morning. Chance of showers increasing from afternoon. Freezing level gradually lowering. Fresh to strong summit winds bringing severe wind chill.

Mountain weather hazards on Friday 22 Mar 2024

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales High Likelihood	**Severe chill effect** Medium Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** Low Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny intervals	Sunny intervals	Light snow showers	Heavy snow showers (night)	Heavy snow showers (night)
Precipitation probability					
<05%	<05%	20%	30%	30%	30%

Forecast for Friday 22 Mar 2024

Weather: Periods of rain soon clearing during the early hours to leave a largely dry end to the night with some brighter spells developing come dawn. Most staying dry through the day with good bright and sunny spells developing, but chance of showers gradually increasing from mid-day, with snow level lowering to 400-500m for the evening.

Chance of cloud-free hill tops above 800m: 70%

Low cloud and visibility: Good or very good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases occasionally lowering 600m at times, mainly later in the day as the risk of showers increases.

Check our weather forecast every day to get the most accurate and up to date information
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Forecast for Friday 22 Mar 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	37/44 W	34/41 W	36/46 W	33/42 W	37/47 W	38/48 W	38/49 W
600	31/40 W	30/39 W	32/44 W	28/38 W	30/41 W	31/43 W	31/42 W
300	12/33 W	12/31 W	15/36 W	12/32 W	13/33 W	13/35 W	13/35 W
Valley	10/29 W	12/29 W	15/34 W	12/28 W	11/28 W	14/34 W	14/33 W

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	0/-9	-1/-10	-0/-9	-0/-9	-1/-10	-2/-12	-3/-13
600	2/-5	2/-6	2/-5	2/-5	1/-7	0/-8	-0/-9
300	5/1	5/1	6/2	5/2	4/-1	3/-2	2/-3
Valley	7/4	7/4	8/4	7/4	6/3	6/1	5/1
Freezing Level*	900m	700m	700m	700m	700m	600m	500m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Risk sunburn in exposure in afternoon sunshine despite the falling freezing level. Severe wind chill descending to quite low levels late in the day as freezing level drops.

Forecast for Saturday 23 Mar 2024

Weather: A showery day with outbreaks turning heavy at times, bringing the risk of hail and thunder to western areas of the Park. Snow level 400-600m.

Maximum wind: Westerly beginning mean 35-40mph with gusts reaching 55mph across most exposed ridges and summits, before slowly moderating through the day.

Chance of cloud-free hill tops above 800m: 30% for any given time but very low for extended clear periods.

Low cloud and visibility: Good or very good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases quite frequently lowering 600m.

Temperature: **Valleys:** Plus 2 Celsius increasing 12 Celsius during the afternoon
At 800m: Zero to minus 2 Celsius
Freezing level: 600-800m

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Mountain Weather Forecast

Ground Conditions Supplement

Date: Thursday 21 March 2024 Location: Helvellyn summit at 11:50. Full report: All Lakeland paths are free from snow and ice as are the overwhelming majority of the fells themselves. There are some isolated, insignificant patches of snow above 900m but owing to their small size and location at the top of steep north and east facing slopes they represent no hazard to walkers. It was just above freezing and raining on the summit around midday so the remaining snow was continuing to thaw with the result that the whole of Helvellyn's east face is now almost free from snow. The main hazards encountered today were the lack of visibility in the, sometimes horizontal, rain and low cloud, the strength of the wind at altitude and the wet, slippery nature of the ground underfoot especially when traversing wet rocks particularly on steep and exposed ground or when descending pitched paths. The strength of the wind at altitude combined with the temperature gradient resulted in a marked contrast between the warmth of the valleys and the summit windchill (what the temperature actually feels like) which was a chilly minus 8 degrees C around midday. Thus full winter clothing (waterproofs, extra warm layers, hat & gloves), mountain boots and equipment, including a torch, are all essential to safely, and enjoyably, roam the fells. As mentioned, visibility was poor in the cloud at altitude, (down to 30m at times) so a map and compass together with the ability to use them and navigate competently when landmarks can't be seen is also essential. At the time of writing, the forecast predicts that any showers on Friday afternoon could be wintry at altitude. This would further reduce visibility for those out late on Friday. For those interested in the weather stats, there were some noticeably stronger gusts of wind on the ascent and descent compared with the strength recorded at the summit. Temperature: plus 1.3 C, Maximum wind speed 38.0 mph, Wind chill: minus -7.7 C, Average wind speed: 31.4 mph

Issued at: 02:04 on Fri 22 Mar 2024

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